COOPERATIVE EXTENSION 2016

University of Kentucky College of Agriculture, Food and Environment

Kentucky State University College of Agriculture, Food Science, and Sustainable Systems

EXTENDING KNOWLEDGE *Changing Lives*

IN **CARLISLE** COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Youth in the Grillmasters Clover College prepare ribs for the grill.

4-H Grillmasters Learn How to Cook

In our busy society, the importance of cooking and eating dinner together each night seems to have been lost. This causes families to turn to quick and easy meals, lower in nutritional value , as well as lose quality time together around the dinner table. This trend also is a likely contributor to the County's 32% obesity rate. The Carlisle County 4-H Program hosted a two week-end workshop on cooking and grilling to encourage youth and their families to cook and eat together by introducing them to the richness of the culinary arts.

Two volunteers led the class, which consisted of teaching youth how to plan out the flow of a whole meal before they even start cooking and how to adhere to kitchen safety, from cleanliness to good knife habits. One hundred percent (100%) of participants reported that they followed instructions step-by-step to make things themselves, followed safe practices, and set a goal and accomplished it.

Priority Program Efforts

- A total of **81** people are now involved in addressing significant community issues
- **152** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **461** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **601** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **225** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **74** youth and adults demonstrated informed and effective decision-making skills
- **50** individuals incorporated new or additional conservation practices.

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Row Crop Risk Management

Two farmers from Carlisle County were Purchase Area Winners in the KY Corn Yield Contest.

There are 33,612 corn acres from grown in the Carlisle County, according to the 2012 agriculture census. Soybeans acres are around 33,167 acres with small grain coming in at 13,535 acres in the county. Those acres will be in the same range each year depending on crop rotations. Crop receipts for 2012 were $34,054,000 having a big impact on the economy. So in order to help producers with some of the marketing decisions an all-day meeting was held on Row Crop Risk Management. Topics included the following: Enterprise budgets, Cash Rent and Machinery Cost Savings, Using RP Insurance to Protect Revenue Risk, Easy Price Risk Management Tools, and Corn, Soybean, and Wheat Outlook with 2016 Price Potentials. 95% of producers in attendance agreed that the information presented will benefit their farming operation. All producers also agreed that grain farmers not making critical decisions in marketing could face some lean times with cash flow in the year to come.

Tech Takeover Inspires the Next Generation of Scientists

In today's global society, science, engineering, technology, and mathematics are more important than ever. However, according to the U.S. Department of Education, "only 16 percent of American high school seniors are proficient in math and interested in a STEM career." In order to increase STEM programming in our county, Carlisle County 4-H applied to be a county recipient of the HughesNet Tech Takeover Grant which focuses on bringing the Style Engineers curriculum to day camps in Kentucky. Carlisle County 4-H was able to partner with the Carlisle County STARS Family Resource Center to offer six hours of programming at their summer day camp for fourth-grade students.

Students learned about the engineering design process by designing their own umbrellas, inspecting fabrics under a magnifying glass, testing the effectiveness of different fabrics in keeping cool and warm, making their own whacky armour gak, experimenting with the elasticity of spandex, and finally, creating their own garment out of recycled materials for a final fashion show. Of the 15 participants, 93% reported that they liked to see how things are made or invented and 93% stated that they could create a display to communicate their STEM project to others.

Nutrition Education in Carlisle County

The Carlisle County Nutrition Education paraprofessional taught forty-two limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 98% of families made an improvement in the nutritional quality of their diet. 34% of the graduated families

Youth at Tech Takeover discuss ways to engineer an umbrella able to withstand a thunderstorm of meatballs.

consumed a diet of higher quality because they planned meals using My Plate, considered healthy choices, and used the "Nutrition Facts" label. Thirty-seven percent (37%) of families increased the frequency of moderate physical activity for 30 minutes per day. Fifteen percent

Participants learn to preserve the bounty of their gardens during a Food Preservation Camp this past summer.

(15%) of families began feeding their children breakfast.

Forty-eight percent (48%) of families demonstrated an improvement in safe food handling practices and hand washing behavior.

Fifty-two percent (52%) of families learned to plan meals ahead of time and use a grocery list to guide food selections. A 41% improvement was shown in food price comparison behavior. Families showed a 33% decrease in meals eaten away from home. There were 27% fewer families who could not afford to eat properly.

Beef Field Day

In order for producers to make better economic decisions and be able to improve forage decisions on their farm a beef field day was planned with adjoining counties.
In partnership with the Purchase Area Cattlemen's' Association- Fulton, Hickman, and Carlisle County ANR agents sponsored a Summer Beef Field Day at JenJoe Farms in Hickman County. Three tour stops were selected with topics ranging from Hay Storage and Hay Sampling with Tom Keene, Forages by Dr. Ray Smith, and Breed Options with an overview of American Gelbvieh with David Slaughter, William McIntosh and David Allison.

There were 95 in attendance with meal was sponsored by the Purchase Area Cattlemen's Association. Over 90% of those in attendance surveyed said information was presented that would benefit or improve decisions with their production practices.

Carlisle County 4-H Teens Step Up to Leadership

According to America's Promise Alliance, most youth today are graduating unprepared for the workforce and without the soft skills they need to succeed in the workplace, such as communication and leadership. However, the teen program in Carlisle County 4-H is fighting

Dr. Ray Smith talked about Max Q Fescue and hybrid Bermuda grass to Beef Field Day participants.

back against this trend by offering opportunities for youth to step up and lead. This year, the Carlisle County 4-H Teen Council was formed from a small group of teens who had been involved in various 4-H programs since they were nine years old. The teen council facilitated the creation of the Carlisle County High School

4-H Club that meets at Carlisle County High School on club days. This group has grown to about 35 members that meet every six weeks during the school day and are able to see what is going on in the 4-H program and how they can get involved.

2015-2016 Kentucky 4-H Fashion Leadership Board is pictured and features Sarah Elizabeth Drysdale, center, Carlisle County 4-H Teen, who served as Youth Chairperson.

Additionally, the Carlisle County Teen Council has taken on many leadership roles at the state level and shown initiative in volunteering as teen leaders. The county had teens serving on the Kentucky 4-H Fashion Leadership Board, Issues Conference Planning Committee, and Shooting Sports Ambassador Board. Carlisle County teens were also recipients of the silver honor, gold honor, and the Conrad Feltner Teen Leadership Award given at the Kentucky 4-H Volunteer Forum. These teens have led the way for others in attending state conferences and events, with many leading workshops and classes at Teen Summit, Teen Conference, the Kentucky Volunteer Forum, Issues Conference, and Shooting Sports Camp and Workshops. Carlisle County teens served as both the president and vice-president of the Purchase Area 4-H Teen Council this year.

"As a result of 4-H Grillmaster Class, two of the teenage participants were hired for a catering job where they were able to put their skills to use while earning money. "

- Shane, 4-H Volunteer & Local Cater

Family Communication on the Farm

More and more farms will be transitioning to the next generation soon. Carlisle County Extension FCS and Agriculture Programs partnered with Ballard, Carlisle and Fulton Counties to offer the Women in Agriculture Seminar. Seventy Four women were attendance and self-identified as Homemakers, Ag Professionals and Farm Owners. Evaluation Data revealed that 92% gained knowledge in addressing communication planning issues facing my family, farm operation or business and 99% identified key questions to answer while planning for the future. As a result of attending the seminar, 85% of participants said they plan to implement one or more communication strategies of farm planning and transition. Two women stated that they had initiated better record keeping and are now working with a financial adviser.

Evaluations showed that attending the yearly Women in Ag seminar resulted in four women completing the estate planning process.

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